



This resource provides a quick (10-20 mins or so) activity to measure the mental wellbeing of your students. It is based on a mental wellbeing measure (the Emotional Needs Audit) and is a valuable way for students to learn about mental wellbeing and reflect on their own mental health. It uses the Emotional Needs and Resources approach, which says that to be mentally well, we must meet, in balance, 12 Emotional Needs. At Suffolk Mind, we often separate these Needs into 4 groups: Physical Needs, Connection and Relationship, Security, and Achievement. In the worksheets, the questions that correspond to these different groups are coloured purple, yellow, orange and blue, respectively.

How will I know how well my students are?

Once you have completed this exercise with your students, send the worksheets to Suffolk Mind via our Freepost service (see details below). Then we will send you an infographic with the details of how well your students are in terms of the 4 groups above, and what this means for you.

Instructions

- Give each student a worksheet to fill in, they then tick the relevant box for each question
- You might find it useful to show your students the following video (3:36 minutes) with information on Emotional Needs - <https://www.youtube.com/watch?v=NNne2c0w13Y>
- Clarify to them at the beginning that this is only to do with their own needs and feelings, not a comparison with their peers – for example, one person's definition of sleeping well would be different to another person's
- This activity is designed to be repeatable so you can complete it a few times a year to consistently measure wellbeing and see change over time – this can be useful to demonstrate to Ofsted and in pupil progress meetings
- We have provided a visual aid of the Emotional Needs cards that you can use if more clarity is needed on the questions – for example 'I look after my body' covers the Needs of Movement and Food and Drink – or if a student struggles to read or process the survey
 - You can also buy a set of the Emotional Needs cards here - <https://www.suffolkmind.org.uk/product/early-minds-resource-cards/>

Sending the worksheets back

- Once you have filled in the worksheets, please fill in the front sheet, and send the worksheets and front sheet back to Suffolk Mind via our freepost service – pop in an envelope and write 'FREEPOST Suffolk Mind' on the front – no need to add a stamp – or scan the worksheets and front sheet and email to ResearchTeam@suffolkmind.org.uk
- If you would like a different infographic per class completed, please keep the worksheets separated by class, with one front sheet per class. If you would like reporting on the school as a whole, feel free to just have one front sheet and all worksheets in together.
- If you include an email address on the front sheet, then a member of the Suffolk Mind Research team will send you a follow up email within a month (though possibly quicker) containing a personalised infographic detailing how your students are doing. This will all be anonymised and will let you know what percentage of your students are feeling like they're meeting the different Needs and groups of Needs
- If you complete this activity and send your results back to us 3 separate times, you will also get a poster showing that you are using a continuous measure to monitor your students' mental wellbeing
- If you'd like to discuss your results or have any questions about the data, please email us on ResearchTeam@suffolkmind.org.uk

If you are interested in a more in-depth analysis of the Emotional Needs, as well as learning new skills to help meet Needs, Suffolk Mind offers the EARLY Minds programme, which enables both children and adults to learn to talk about and take care of their own mental health and to better understand how to help those around them. See <https://www.suffolkmind.org.uk/early-minds-primary-school-mental-health-and-wellbeing/> for more information, or email schools@suffolkmind.org.uk